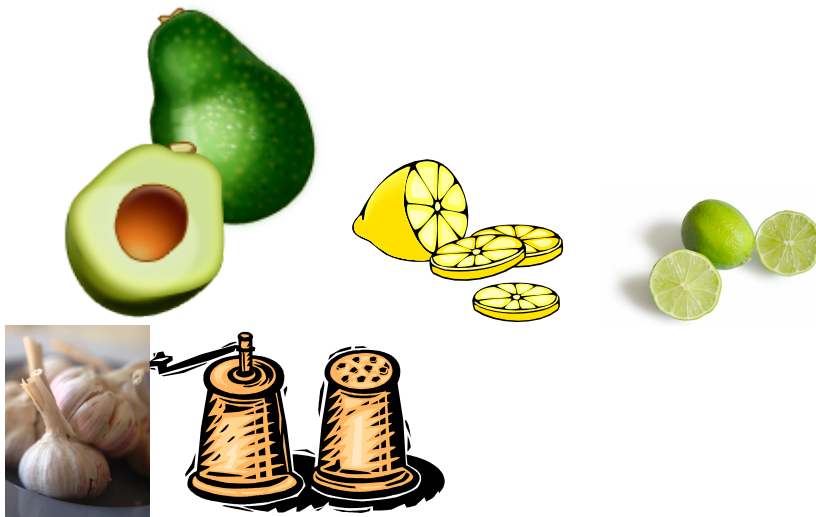


Avocado Dip

What you need

You need an avocado, garlic, lemon **or** lime, salt and pepper.



What you do

1. Cut the avocado in half.
2. Take out the flesh.
3. Crush a little garlic with salt.
4. Add to the avocado .
5. Add the lemon or lime juice and pepper.
6. Eat with crackers or bread.